

## Star Insulated Snack Bag

### Skill Level: Beginner

Designed & Created By  
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When you need to bring a little something, but don't need an entire lunch bag, this snack bag is perfect to grab and go. It is insulated and quilted, so it's nice and sturdy, but doesn't have the bulk of a regular lunch bag. The snack bag measures 7" tall and 9" wide and has a zipper top to keep things secure.

#### Fabrics Needed

- 1 - 2½" square for star center
- 1 fat eighth (star points and bag accents)
- 1 fat quarter (or 10" x WOF if using a directional fabric)
- ¼ yard cotton flannel

#### Materials Needed

- ¼ yard Pellon® 940 Insul-Film™
- 2½" square Pellon® 931TD Fusible Midweight (optional)
- 8" purse zipper
- Embroidery thread

#### Tools Needed

- Sewing machine & related supplies
- Iron & ironing surface
- Rotary cutter & related supplies

## Instructions

Note: All seam allowances are 1/4" unless otherwise stated. Iron at a medium setting to avoid melting the Insul-film. A Teflon sewing machine foot for sewing the Insul-Film is recommended, if not available, a piece

### Cutting Instructions

From Fat Eighth:

- Eight 1½" squares (star points)
- Two 2" x 1¼" rectangles (zipper tabs)
- One 3" x 2" rectangle (side loop)
- Optional: One 3" square (heart)

From Insul-Film & Flannel:

- Two 8" x 10" rectangles

From Fat Quarter:

- Four 1½" x 2½" rectangles (star)
- Four 1½" squares (star)
- One 4¾" x 8" rectangle (bag front top)
- One 3" x 4½" rectangle (bag front left)
- One 1½" x 4½" rectangle (bag front right)
- One 1¾" x 8" rectangle (bag front bottom)
- Three 8" x 10" rectangles (bag back and lining)

*Before beginning: If choosing to embroider in the center of the star, fuse the 2½" square of Fusible Midweight to the wrong side of the 2½" star center square.*

1. Draw a diagonal line across all 1½" star point squares. Place one star point square right sides together (RST) with one 1½" x 2½" rectangle and sew along the drawn line. Trim the outer edge of the square ¼" from the seam line. Press the square open to form one star point. Place a second square on the other edge of the 1½" x 2½" rectangle, sew along line, trim and press to make the second star point. Sew star points to the remaining three 1½" x 2½" rectangles to make four star point pieces.



2. Sew two of the 1½" squares of main fabric to the sides of two of the star points. Sew the other pair of star points to the 2½" square, to make three rows.





3. To make joining the rows easy, press the seams away from the star points as shown, this will cause the seams to be least bulky and to nest together.
4. Sew the rows together to create the star.

Optional: embroider an initial or motif inside the star center. For the "N", Jennie back stitched around a hand drawn letter and then filled with French knots. For the "S", she back stitched around a hand drawn letter and then filled with satin stitch.



5. Arrange the front pieces around the star block.
6. Sew the left and right pieces to the left and right of the star, press the seams away from the star.

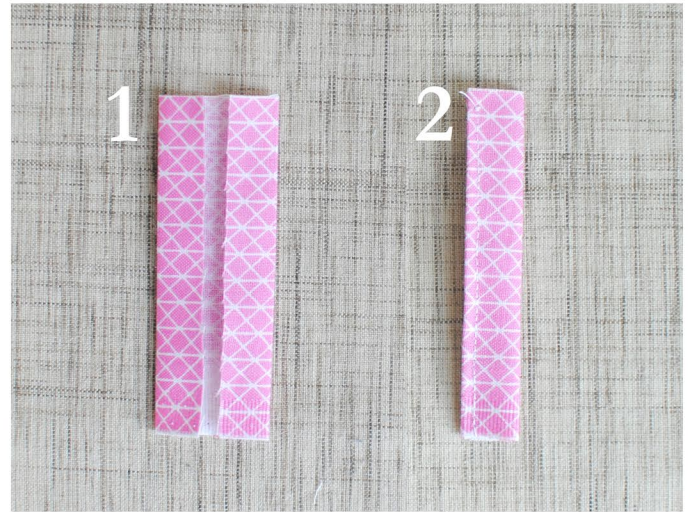


7. Sew the top and bottom to above and below the star panel. Place one 8" x 10" rectangle of flannel on the wrong side of the bag front and quilt as desired. I quilted along each seam and then in straight lines.





8. Fold the 3" x 2" rectangle in half lengthwise (3" x 1") wrong sides together (WST), unfold, then fold the 3" edges toward the center and fold in half again (as for bias tape), sew along the folded edge.



9. Fold the loop in half (1 ½" x ½") and sew 1" from the top left corner of the bag, along the side.
10. Place flannel on the wrong side of the back panel and quilt as desired.
11. Optional: Cut the 3" square into a heart shape and sew to one lining piece near the top.



12. Sew the Insul-Film to the wrong side of both lining pieces.





13. Fold the 2" x 1 ¼" zipper tabs in half (1" x 1 ¼") WST, then unfold and fold the short edges ¼" toward the center, WST.



14. Sew one zipper tab onto the zipper tab, with the zipper extending just to the edge of the fabric fold. Trim zipper so that it is ¼" shorter than the top of the bag, sew the other zipper tab in place, this will eliminate bulk in the side seams.



15. Place the zipper face down on the right side of the front panel of the bag.

16. Place one lining piece on top of the front panel, RST, with the zipper sandwiched between. Sew along the top edge. Then turn WST to expose the zipper.



17. Place the zipper face down on the right side of the back panel of the bag. Place the lining right side down and sew along top seam.



18. Cut a 1 ¼" square in the lower corners of all pieces.





19. Place the lining RST and the body RST, making sure to leave the zipper partially unzipped, and fold the zipper tab so that the bend is toward the body and the raw ends are toward the lining.



20. Sew around the perimeter of the bag, back stitching at each start and end, and leaving a 4" opening along the bottom of the lining.



21. Fold the cut corners so the side and bottom seams meet and sew across the open edge.



22. Trim the seam where the zipper tab is, near the sewing line, to reduce bulk.



23. Turn right side out through the opening.



24. Sew the opening used for turning closed.



25. Tuck the lining in the snack bag and enjoy!

